

Pressure Cooker

Deni®

Model #9700

IMPORTANT!

Please keep these instructions and
your original box packaging.

www.deni.com



INSTRUCTIONS
FOR PROPER USE AND CARE

IMPORTANT SAFEGUARDS

When using this electrical appliance, safety precautions should always be observed, including the following:

- **Read all of the instructions before using.**
- Close adult supervision must be provided when this appliance is used by or near children.
- Keep pressure cooker out of the reach of children.
- Do not touch hot surfaces. Use handles or knobs.
- Using attachments not recommended or sold by Keystone Manufacturing Co., Inc. may cause hazards.
- Do not operate with a damaged cord or plug. If the appliance is not working as it should, has been dropped or damaged, left outdoors or dropped into water, do not use it and return it to the manufacturer for proper service and replacement or repair.
- Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
- Make sure appliance is off before unplugging from wall outlet.
- Always unplug before cleaning and removing parts.
- For indoor use only.
- Do not place near hot gas or electric burner.
- Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like when in operation.

- Always use in a well ventilated area.
- To protect against electrical shock, do not immerse plug, cord or housing in water or any other liquid.
- Keep hands and face away from pressure regulator knob when releasing pressure.
- After cooking, use extreme caution when removing the lid. Serious burns can result from steam inside the unit.
- While the unit is in operation, never remove the lid.
- **Do not** use without the removable cooking pot in place.
- **Do not** cover the pressure valves with anything. An explosion may occur.
- Keep Pressure Cooker out of the reach of children.
- **Do not** attempt to dislodge food when the appliance is plugged in.
- **Do not** fill the Pressure Cooker more than $\frac{1}{2}$ full with food or $\frac{2}{3}$ full with liquid. When cooking foods that expand during cooking do not fill the unit over $\frac{1}{2}$ full.
- Foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti should not be cooked under pressure in the pressure cooker. These foods tend to foam, froth and sputter, and may block the floating valve.
- To reduce the risk of electrical shock, cook only in the removable cooking pot.

- Do not use an extension cord with this Pressure Cooker. However, if one is used, it must have a rating equal to or exceeding the rating of this appliance.
- The Pressure Cooker is for household use only.
- The Pressure Cooker should not be used for other than the intended use.
- Extreme caution should be used when moving any appliance containing hot food or liquid.
- Servicing or repair should only be completed by a qualified technician.
- The Pressure Cooker has a polarized AC (Alternating Current) plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way, as a safety feature. Reverse the plug if the plug does not fit fully in the outlet. Contact a qualified electrician if it still does not fit. Do not attempt to defeat this safety feature.
- **WARNING:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire and serious damage.

SAVE THESE INSTRUCTIONS

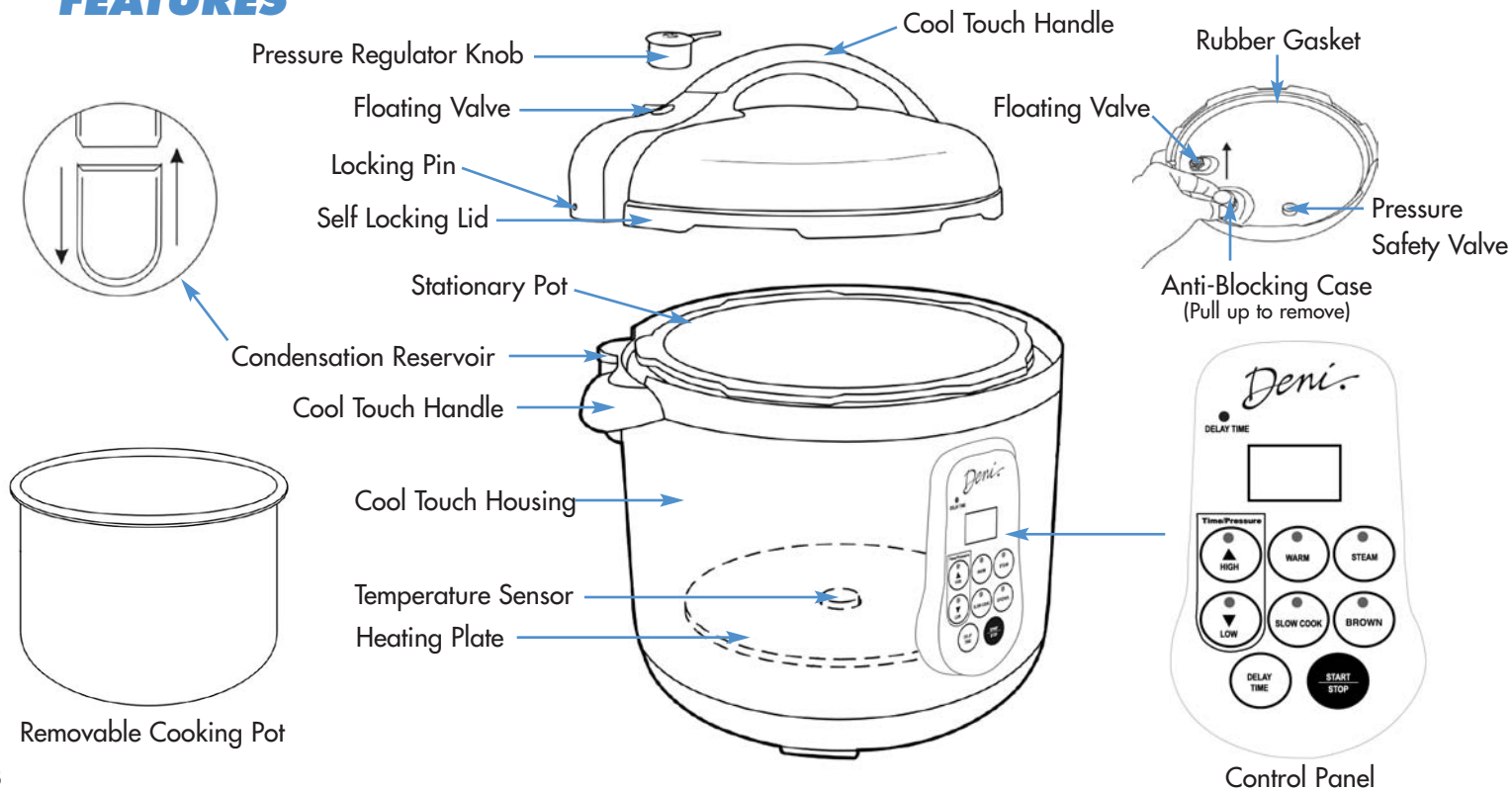
Additional Safety Features

Your Deni Pressure Cooker has four safety features.

1. The locking pin will prevent the lid from being opened when the pressure inside is over .725 psi (pounds per square inch).
2. When cooking under low pressure, the unit will automatically shut off if the pressure exceeds 5 psi.
3. When cooking under high pressure, the unit will automatically shut off if the pressure exceeds 10 psi.
4. The pressure regulator knob will be forced upward to release steam/pressure when the unit reaches 13 psi. If this function fails, and the unit reaches 18 psi, the floating valve will be forced to release steam/pressure.

Note: If the two safety valves fail, and the pressure continues to build up to 27.5 psi, the inner cooking pot will be forced down, creating a gap between the lip of the inner pot and the rubber gasket, allowing the steam/pressure to escape.

FEATURES



Functions

Pressure Regulator Knob:	In down position when cooking under pressure, up position when steaming.
Floating Valve:	Safety valve allows excess pressure to escape if too much pressure is building up.
Self Locking Lid:	Safety feature that does not let you open the lid until the pressure has dropped to zero.
Removable Cooking Pot:	5 qt. capacity non-stick removable pot provides even heat distribution.
Water Collector:	Collects excess condensation during cooking.
Rubber Gasket:	Creates an air tight seal that is needed for the Pressure Cooker to operate.
Pressure Safety Valve:	Allows excess pressure to escape if too much pressure is building up.
Anti-Blocking Case:	Pull up to release the pressure regulator knob for cleaning.
Control Panel Functions:	<p>Warm function reheats or keeps cooked food warm for a long period of time.</p> <p>Brown function allows you to brown your food before cooking it under pressure.</p> <p>Steam function quickly brings cooking liquid to a boil for steaming food or cooking rice.</p> <p>Slow Cook function cooks your food slowly to retain flavor and tenderness (9 1/2 hour timer). NOTE: 180°F is the lowest setting on a traditional slow cooker. Most recipes using a slow cooker require 8-9 hours.</p> <p>Delay Time feature allows you to begin cooking food up to 8 hours later.</p>

Before First Use

1. Remove all packing materials and literature.
2. Wash all removable parts in warm soapy water. Rinse and dry all parts thoroughly. Wipe the outer housing with a clean damp cloth. **NEVER** immerse the housing in water or any other liquid. **NEVER** clean any parts in a dishwasher.
3. Make sure the rubber gasket is seated properly inside the lid. To ensure the correct fitting, fill the removable cooking pot with two-thirds water and run on HIGH PRESSURE for 15 minutes.
4. Release the pressure by turning the pressure regulator knob to STEAM. The floating valve will drop.
5. Let the appliance cool to room temperature and then empty and clean.

How To Operate Using Pressure Setting

Before using the pressure cooker each time, check to be sure that the rubber gasket and the pressure regulator valve are clean and positioned properly. (See pages 8 and 9.)

1. Plug the cord into a wall outlet.
2. Position the removable cooking pot in the appliance.
3. Place food in the cooking pot according to the recipe or chart. NOTE: When cooking most foods under pressure, 1 cup (8 oz) of liquid should be added.

4. Place the lid on the Pressure Cooker and turn it counter-clockwise until it locks into place. (The locking pin will click into place.)
5. Turn the pressure regulator knob to PRESSURE.
6. Choose the desired cooking mode by pressing either the HIGH or LOW pressure button on the control panel. The light on the button will flash and the digital display will show 1. (This equals 1 minute cooking time.)
7. Set the desired time by pressing the button once for each additional minute or by continuously holding the button down. The longest cooking time is 99 minutes.
8. Press the START/STOP button to begin cooking. The indicator light will stop flashing.
9. If you forget to select a desired cooking time or forget to press the START/STOP button, the unit will beep twice and the digital display will read 0.0 after 30 seconds.
10. The unit will begin to count down in minutes, **after** the appropriate pressure has been reached. (The floating valve will rise when the pressure is reached.) The pressure cooker will beep three times at the end of the cooking time.
11. When cooking is finished, let the pressure drop on its own (also called the natural release feature), or release immediately by turning the pressure regulator knob towards STEAM in short bursts (also called the quick release method) until the pressure is reduced.

NOTE: Press the START/STOP button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will beep periodically as a reminder that the cooking time is complete.

WARNING: **Do not** hold the pressure regulator knob. Hot steam/liquid may be ejected. Keep hands and face away from steam vents, use pot holders when removing the inner pot or touching any hot items, and never force the lid open. The lid will only open once the pressure is released. Remove the lid by lifting it away from you to avoid being burned by the steam.

Warm Setting

This program reheats or keeps cooked food warm for a long period of time.

1. Place cooked food in removable cooking pot.
2. Place lid on pressure cooker.
3. Turn the pressure regulator knob to STEAM.
2. Press the WARM button. The light on the button will flash and the digital display will read 0.0.
3. Press the START/STOP button to begin the program. The indicator light will stop flashing.

Brown Setting

This program allows you to braise your food before cooking it in under pressure. Brown your meat or poultry for the best flavor and texture, unless otherwise indicated in the recipe. Food should be patted dry with a paper towel before browning. For best results, make sure the oil is hot before adding your meat or poultry. Brown in batches to keep the correct temperature.

1. Position the removable cooking pot in the pressure cooker.
2. Add the appropriate amount of oil as per recipe.
3. Press the BROWN button. The light on the button will flash and the display will read 0.0. **The lid should remain off.**
4. Press the START/STOP button. The indicator light will stop flashing.
5. After about one minute of preheating, add food and begin browning.
6. During this mode, the pressure cooker will beep 3 times every 10 minutes as a warning that this is a high temperature setting. NOTE: Do not leave pressure cooker unattended while browning foods.

Steam Setting

This program quickly brings cooking liquid to a boil for steaming food or cooking rice.

1. Position the removable cooking pot in the pressure cooker.
2. Place a small, heat-resistant rack or basket (not included) in the bottom of the removable cooking pot.
3. Add at least 8 oz. of water so that the bottom of the rack is above the liquid.
4. Add the food. Do not fill the pot more than two-thirds full. Note: If steaming rice, put the rice in a 8" or smaller bowl and place on the rack.
5. Place the self-locking lid onto the removable cooking pot and turn the pressure regulator knob to STEAM.
6. Press the STEAM button. The light on the button will flash and the digital display will read 1. (This equals 1 minute cooking time.)
7. Set the desired time by pressing the button once for each additional minute or by continuously holding the button down. The longest cooking time is 99 minutes.
8. Press the START/STOP button to begin cooking. The indicator light will stop flashing.
9. If you forget to select a desired cooking time or forget to press the START/STOP button, the unit will beep twice and the digital display will read 0.0 after 30 seconds.

NOTE: The lid can be opened while cooking to check the food. Use caution when removing the lid. Never place your face over the pressure cooker when removing the lid. Steam escapes as soon as the lid is opened and can cause serious burns.

Slow Cook Setting

1. Place the removable cooking pot in the pressure cooker.
2. Place the food to be slow cooked in the cooking pot.
3. Place the self-locking lid onto the removable cooking pot and turn the pressure regulator knob to STEAM.
4. Press the SLOW COOK button. The light on the button will flash and the digital display will read .5. (This equals a half hour of cooking time.)
5. Set the desired time by pressing the button once for each additional half hour or by continuously holding the button down. The longest cooking time is 9 1/2 hours with a temperature of 180°F. Note: 180°F is the lowest setting on a traditional slow cooker.
6. Press the START/STOP button to begin cooking. The indicator light will stop flashing.
7. If you forget to select a desired cooking time or forget to press the START/STOP button, the unit will beep twice and the digital display will read 0.0 after 30 seconds.
8. The unit will begin to count down in half hour increments, when the temperature reaches about 200 degrees.
9. When the cooking time is up the unit will beep.

Delay Time Setting

This function allows you to begin cooking food up to 8 hours later in half hour increments. You can use the delayed time setting with slow cook, steam, high and low pressure.

1. Press the DELAY TIME button for the delayed time setting.
2. Select the desired cooking mode and time by pressing the delay button until you reach the appropriate time.
3. Press the START/STOP button. The appliance will begin cooking after the set time has elapsed.

NOTE: Do not use the delayed time function when cooking foods that might spoil if left out at room temperature.

Cleaning/Maintenance

Do not wash any parts of the pressure cooker in the dishwasher. Always wash the pressure cooker thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug and let the unit cool before cleaning.
2. Wash the removable cooking pot with warm soapy water. Rinse and dry thoroughly.
3. Wipe the outer housing with a clean damp cloth. Do not submerge in water.
4. Remove the condensation reservoir by pulling down. Clean with warm, soapy water. Rinse and dry thoroughly. Replace by pushing up.

5. Turn the lid upside down, grasp the rubber gasket on either side and pull up. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly. Replace the gasket by pushing it down inside the edge of the lid. Make sure the groove in the center of the gasket is positioned around the metal ring on the inside edge of the lid. Note: If the gasket is not positioned properly, the unit will not work.

NOTE: The rubber gasket must always be properly positioned on the underside of the lid. Check periodically to make sure that it is clean, flexible, and not cracked or torn. (See pg. 5 "Before First Use", #3.)

6. If the rubber gasket is damaged, do not use the appliance and contact the customer service department at 1-800-DENI-VAC.
7. In order to maintain good performance of your pressure cooker, the bottom of the removable cooking pot, in the area of the sensor pad, must be cleaned after each use. Wipe with a soft damp cloth and be sure to dry thoroughly.
8. Never use abrasive cleaners or scouring pads to clean any of the parts.

NOTE: Store the pressure cooker with the lid resting upside down on the removable cooking pot. This will protect the valves, knobs and pressure regulator on the top of the lid. If the pressure cooker is stored with the lid sealed, stale odors may form inside.

Cleaning the Pressure Regular Knob

Check that the pressure regulator knob and the pressure safety valves are in good working order before each use.

1. After the unit has cooled, remove the lid.
2. Press down and turn the pressure regulator knob counter clockwise past the STEAM setting and carefully remove.
3. Turn the lid over and place on a table top. Pull out the anti-locking case. Using a brush, check and remove any food or foreign particles that may be lodged in the floating valve. Replace the anti-locking case.
4. Replace the pressure regulator knob by lining the notches up to the inside wall of the pressure regulator chamber in the lid and turn clockwise.

Recommended Cooking Times

Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

Vegetables	High Pressure
Apples, chunks (low pressure)	2 mins
Artichokes, whole	8-10 mins
Asparagus, whole	1-2 mins
Beans fresh green or wax shelled lima	2-3 mins 2-3 mins
Beets 1/4" slices whole, peeled	3-4 mins 12-15 mins
Broccoli, florets or spears	2-3 mins
Brussel sprouts, whole	3-4 mins
Cabbage, quartered	3-4 mins
Carrots, 1/4" slices	1-2 mins

High Pressure

Cauliflower, florets	2-4 mins
Corn on the cob	3-5 mins
Eggplant, 1 1/4"	2-3 mins
Peas, shelled	1-1 1/2 mins
Potatoes	
Pieces, slices	5-8 mins
Whole, small	5-8 mins
Whole, medium	10-12 mins
Rice	
Brown	15-20 mins
White	5-7 mins
Spinach, fresh	2-3 mins
Squash	
Fall, 1" chunks	4-6 mins
Summer, sliced	1-2 mins

Meat and Poultry

High Pressure

Beef, Pork, Lamb (1-2" cubes)	15-20 mins
Beef/Veal	
Roast, brisket	50-60 mins
Shank 1 1/2" thick	25-35 mins
Meatballs, browned	8-10 mins
Lamb, boneless roast	45-55 mins
Pork	
Loin roast	40-50 mins
Smoked butt	20-25 mins
Ham shank	30-40 mins
Chicken	
Boneless breast, thigh	8-10 mins
Pieces	10-12 mins
Whole	15-20 mins
Turkey breast, whole	30-40 mins

Fish

High Pressure

Steaks, fillets	
3/4"	4 mins
1"	5 mins
1 1/4"	6 mins
1 1/2"	7 mins

Hints and Tips

- To ensure the best cooking performance when cooking under pressure, always use at least 8 oz. of water or liquid in your recipes to enable enough steam to be created to produce pressure.
- When using the high and low pressure settings, the timer should not begin counting down until there is enough pressure.
- When cooking under pressure, if you are unsure of the cooking time, it is better to under cook and use the quick release method and check for doneness. If not done, continue cooking under pressure.
- Never fill the Pressure Cooker more than half full with food or 2/3 full with liquid. The pressure cooker must have enough liquid to steam or the food will not cook properly.
- If the electric circuit is overloaded with other appliances, your appliance may not operate. The pressure cooker should be operated on a separate electrical circuit.
- Tougher, less expensive cuts of meat are better suited for the pressure cooker because cooking under pressure breaks the fibers down for tender results.
- Fresh fruit should be cooked on low pressure.
- Add a tablespoon of oil to the water to reduce the amount of foaming that beans produce.

Troubleshooting

If you have not added sufficient liquid and you notice that the floating valve has not risen, but the timer is counting down, perform the following steps:

1. Stop the pressure cooker by pressing the START/STOP button.
2. Turn the pressure regulator knob to STEAM, using short bursts, until the pressure is fully released.
3. Remove the lid and add approximately 1 cup of water/stock or any liquid. Stir food to disperse liquid.
4. Replace the lid and lock into position.
5. Press the LOW or HIGH PRESSURE button and set the desired time.
6. Press the START/STOP button to begin cooking again.

If steam is leaking from under the cover because the cover is not properly closed, the gasket isn't positioned properly or is damaged, or the pressure cooker is over filled, follow these steps:

1. Release any pressure using the quick release method.
2. Remove the gasket and check for tears or cracks.
3. Check to be sure the gasket is positioned properly.
4. If too full, remove excess liquid and continue cooking.

If you can't open or remove the cover:

1. Be sure all of the pressure has been released.
2. If you still cannot open it, bring the contents of the cooker up to pressure again.
3. Release the pressure completely.
4. If the cover still won't come off, call Keystone Manufacturing Company, Inc. customer service at 1-800-DENI-VAC.

Recipes

Arroz con Pollo (Chicken and Rice)

Servings: 4-6

Prep Time: 15 minutes

Cooking Time: 7 minutes under pressure

Ingredients

Salt and pepper

One 3 lb. chicken, cut into eighths with the skin removed

3 tbsp. olive oil

1 chorizo sausage

1/2 cup white wine

1 cup chopped onion

2 cloves garlic, peeled and minced

1 1/2 cups red bell pepper, cored, seeded, and diced

2 cups canned plum tomatoes, seeded and chopped coarsely

1 cup long-grain white rice, uncooked

1/2 cup frozen peas

3 cups chicken broth or stock

1 tsp. salt

Method

1. Liberally salt and pepper the chicken.
2. Heat 2 tbsp. of olive oil in the pressure cooker, using the BROWN setting. In batches, brown the chicken. Set aside. Add the chorizo and cook for 1 minute. Add the browned chicken to the pressure cooker. Pour in the wine and cook for 2 minutes. Remove contents with all juices and set aside.
3. Heat the remaining 1 tbsp. of olive oil in the pressure cooker. Add onion, garlic, and red bell pepper. Heat until the onion is soft. Add tomato and rice and cook for 1 minute. Add peas, stock, salt, chicken, and chorizo, with all juices. Mix well.
4. Cover and set to high pressure. Cook for 7 minutes.
5. Release the pressure using the quick-release method.
6. Remove lid.
7. Fluff rice and serve.

Bar-B-Q Beef

Servings: 6-8

Prep Time: 20 minutes

Cooking Time: 60 minutes under pressure

Ingredients

- 1 tbsp. vegetable oil
- 4 lbs. boneless, rump roast or trimmed chuck
- 1 1/2 cups onion, sliced
- 1 1/2 cups celery, finely chopped
- 1 1/2 cups prepared barbecue sauce
- 2 bay leaves
- Dash of tabasco to taste
- 2 tbsp. brown sugar
- 1 can (12 oz) beer
- 1 1/2 tsp. chili powder

Method

1. Heat oil in the pressure cooker using the BROWN setting. Add the roast and evenly brown all sides.
2. Add onions and celery and cook for 1 minute. Take out the roast. Put in the barbecue sauce, beer, and chili powder. Mix well. Place the roast back in the pressure cooker.
3. Cover and set to high pressure. Cook for 60 minutes.
4. Release the pressure using the quick-release method. When the pressure has dropped, unlock and remove cover. Test the roast for tenderness with a fork. If not tender, cover and cook under pressure for an additional 10 minutes.

5. Remove the roast and let sit for at least 15 minutes. Slice thin against the grain. Serve with barbecue sauce.

Golden Turkey Breast

Servings: 6

Prep Time: 15 minutes

Cooking Time: 40 minutes under pressure

Ingredients

- Salt and pepper
- 4-5 lb. whole turkey breast, wings removed, rinsed under cold water and patted dry
- 2 tbsp. vegetable oil
- 1 cup onion, thinly sliced
- 2 garlic cloves, crushed
- 1 1/2 cups carrots, peeled and thinly sliced
- 1 1/2 cups celery, sliced thin
- 1 cup chicken broth
- 1 cup dry white wine
- 2 tsp. dried thyme
- 1 bay leaf
- 1 tbsp. cornstarch
- 2 tbsp. water

Method

1. Liberally salt and pepper the turkey breast.
2. Heat oil in the pressure cooker using the BROWN setting. Insert the turkey breast and brown on all sides. Remove and set aside. Add onion, garlic, carrots, and celery. Brown until the onion is soft. Add broth, wine, thyme, and bay leaf, cooking for 2 minutes. Place the turkey breast back in the pressure cooker.
3. Cover and set to high pressure. Cook for 40 minutes.
4. Release the pressure using the quick-release method.
5. Unlock and remove lid. Carefully remove turkey and place on large plate. Cover with foil.
6. Filter the cooking liquid. Pour it back into the pressure cooker with the cornstarch and water. Whisk until thick. Season to taste with salt and pepper.
7. Slice the turkey. Serve with gravy.

Easy Corn Chowder

Servings: 4-6

Prep Time: 10 minutes

Cooking Time: 8 minutes under pressure

Ingredients

- 2 tbsp. vegetable oil
- 1 cup onion, chopped
- 1 cup red bell pepper, cored, seeded and diced
- 1 cup carrots, peeled and cut into 1/4 inch rounds
- 1 cup celery, cut into 1/4 inch slices
- 1 1/2 cups potatoes, peeled and diced
- 2 cups frozen corn kernels
- 1 cup frozen green peas
- 6 cups chicken or vegetable broth or stock
- Salt and pepper to taste
- 2 cups wide egg noodles
- 1 tbsp. chopped fresh parsley or snipped dill
- 2 cups cooked diced chicken (optional)

Method

1. Heat oil in pressure cooker, using the BROWN setting. Add onions, peppers, carrots, celery, and potatoes. Brown until soft. Add corn and peas.
2. Cover, set to high pressure, set time for 8 minutes.
3. Let the pressure drop using the quick-release method.
4. Unlock and remove lid.
5. Season with salt and pepper.
6. Heat the chowder until it boils, using the STEAM setting. Add noodles and cook until al dente. Stir in parsley and chicken. Serve hot.

Rich Cauliflower Soup

Servings: 4-6

Prep Time: 15 minutes

Cooking Time: 10 minutes under pressure

Ingredients

2 tbsp. olive oil

1½ cups onion, chopped

1 large head cauliflower, trimmed, broken into small florets

2 cups half and half

4 cups chicken or vegetable broth or stock

Salt and pepper to taste

2 tbsp. fresh parsley, chopped

1 tsp. fresh mint

Method

1. Heat olive oil in the pressure cooker, using the BROWN setting. Add onion and brown until soft. Add cauliflower, stock, and half and half.
2. Cover, set to high pressure, and set timer for 10 minutes.
3. Let the pressure drop using the quick-release method.
4. Unlock and remove lid. The cauliflower should be very soft. If it's still hard, cook under pressure for an additional 2-3 minutes, or until tender.
5. Puree the soup in batches in a blender until smooth. Pour back in the pressure cooker. Season with salt and pepper. Stir in parsley and mint.

Double-Up Chocolate Cheesecake

Servings: 6

Prep Time: 15 minutes

Cooking Time: 20 minutes under pressure

Ingredients

³/₄ cup chocolate wafer cookie crumbs

2 tbsp. butter, melted

2 packages (8 oz each) cream cheese, softened

¹/₂ cup sweetened condensed milk

3 eggs

2 cups semisweet chocolate chips, melted

1 tsp. vanilla

2½ cups water

Method

1. Lightly grease a 7 or 8 inch spring form pan. Cover the outside of the pan with aluminum foil.
2. Combine cookie crumbs and butter. Press into bottom of pan and up the sides about 1 inch.
3. In a large bowl, mix cream cheese and condensed milk, with a mixer on medium speed, until fluffy. On low speed, add eggs one at a time. Insert melted chocolate and vanilla. Mix until well blended. Pour into crust. Cover tightly with aluminum foil.
4. Place a metal rack in the removable cooking pot of the pressure cooker. Pour in water.

5. Fold a 24 inch length of foil in half lengthwise, making it narrow. Center the pan on the foil and lower into the pressure cooker. (The foil is used as a swing to lower the pan.) Crease the ends of the foil down on top of the pan.
6. Cover, set to high pressure, and set time for 20 minutes.
7. Let it sit for an undisturbed 10 minutes after cooking time has elapsed. Release any left over pressure using the quick-release method.
8. Unlock and remove the lid. Remove cheesecake from the pressure cooker by pulling up the ends of the foil swing. Remove and discard foil. Let cool to room temperature before refrigerating overnight.

Dijon Pork Stew

Servings: 6-8

Prep Time: 20 minutes

Cooking Time: 14 minutes

Ingredients

Salt and pepper

2 lbs. pork shoulder, cut into 1" cubes

2 tbsp. olive oil

2 cups onion, chopped

2 cloves garlic, chopped

1 tbsp. all-purpose flour

$\frac{3}{4}$ cup dry red wine

$\frac{3}{4}$ chicken or beef broth

5 fresh sage leaves, chopped

8 small red potatoes, scrubbed, peeled, quartered

1 large carrot, thinly sliced

1 $\frac{1}{2}$ tbsp. dijon or whole-seed mustard

2 tbsp. minced flat-leaf Italian parsley

Method

1. Liberally salt and pepper the pork shoulder. Set aside.
2. Heat olive oil in the pressure cooker, using the BROWN setting. Add onions and garlic, browning until onion is soft. Add the pork and cook until golden brown. Dust with flour. Stir well. Add red wine, broth, and sage.
3. Cover and set to high pressure for 10 minutes.
4. Let the pressure drop using the quick-release method.
5. Unlock and remove lid.
6. Add potatoes and carrots.
7. Cover and set to high pressure for 8 minutes.
8. Let the pressure drop using the quick-release method.
9. Unlock and remove cover.
10. Season to taste with salt and pepper. Stir in dijon/mustard and parsley before serving.

Ratatouille (Vegetable Stew)

Servings: 4-6

Prep Time: 20 minutes

Cooking Time: 5 minutes under pressure

Ingredients

3 tbsp. olive oil

1 cup onions, chopped

2 cloves garlic, peeled and thinly sliced

1½ cups green bell pepper, cored, seeded, diced

1½ cups red bell pepper, cored, seeded, diced

2 cups zucchini, trimmed, quartered lengthwise, diced

2 cups eggplant, peeled and cut into ½ inch cubes

1 can (14½ oz) diced tomatoes in puree

¼ cup water

½ tsp. dried thyme

1½ tsp. salt

¼ tsp. black pepper

2 tbsp. shredded basil

2 tbsp. minced flat-leaf Italian parsley

Salt and pepper to taste

2 tbsp. balsamic vinegar

Method

1. Heat olive oil in the pressure cooker, using the BROWN setting. Add onions, garlic, green and red bell peppers, browning until onion is soft.
2. Add zucchini, tomatoes, eggplant, water, thyme, 1½ tsp. salt and ¼ tsp. pepper. Brown for 4 minutes.

3. Cover and set to high pressure for 5 minutes.

4. Release the pressure using the quick-release method.

5. Unlock and remove lid. Add basil and parsley.

Season with salt and pepper. Add the vinegar. Serve hot.

Steamed Lemon Artichokes

Servings: 4

Prep Time: 15 minutes

Cooking Time: 7 minutes under pressure

Ingredients

1 cup water

2 juiced lemons, rinds reserved

1 tsp. salt

1 bay leaf

4 large artichokes, trimmed as per step 2

1 cup mayonnaise

1 clove garlic, peeled and minced

Dash of tabasco sauce

2 tbsp. minced flat-leaf Italian parsley or snipped dill

Method

1. Add water to the pressure cooker. Add all but 3 tbsp. of lemon juice, salt, and bay leaf. Mix until the salt dissolves. Place reserved lemon rinds in water.

2. **Trimming the artichokes:** Cut off the stems. Tear off and discard top 2-3 layers of tough leaves. From the top of the artichoke, cut off 1-1½ inches. Carefully expose inner leaves and choke. Pull out and discard any thorny leaves. Scoop out any fuzzy matter from center of choke. Dampen artichokes in the lemon water in the pressure cooker. Place artichokes upside down.
3. Cover and set to high pressure for 7 minutes.
4. Release the pressure using the quick-release method.
5. Unlock and remove lid. Carefully remove artichokes from pressure cooker using a slotted spoon. Cool to room temperature.
6. Mix mayonnaise, the rest of the lemon juice, garlic, and tabasco to taste.
7. Carefully open the center of each artichoke. Fill with ¼ of lemon mayonnaise. Sprinkle top with parsley or dill.

Favorite Pot Roast

Servings: 6-8

Prep Time: 20 minutes

Cooking Time: 60 minutes under pressure

Ingredients

- 2 tbsp. all-purpose flour
- 2 tsp. salt
- ½ tsp. pepper
- 3-4 lb. boneless, trimmed chuck
- 1 tbsp. olive oil
- 1 small onion, sliced
- 1½ cups fresh rosemary or 2 tsp. chopped bay leaf
- 1½ cups beef broth or red wine
- Salt and pepper to taste

Method

1. Mix the flour, salt and pepper. Rub all over the roast.
2. Heat olive oil in the pressure cooker using the BROWN setting. Add the roast and brown equally on all sides.
3. Add onions and brown for 1 minute. Add bay leaf or rosemary and beef broth.
4. Cover and set to high pressure for 60 minutes.
5. Release the pressure using the quick-release method. Unlock and remove lid. Test the roast with a fork. The fork should go through easily. If it is not to your desired doneness, cover and cook under pressure for an additional 10 minutes.
6. Remove the roast. Cover and let stand for 10 minutes before slicing.
7. If the gravy isn't thick enough, bring to a boil, and cook until thick. Season with salt and pepper. Remove and discard bay leaf. Slice the roast against the grain and serve with gravy.

Sweet & Sour Chicken

Servings: 4-6

Prep Time: 15 minutes

Cooking Time: 10 minutes under pressure

Ingredients

1 tbsp. vegetable oil
1 1/2 cups onion, chopped
1 1/2 cups green bell pepper, cored, seeded, diced
1 1/2 cups red bell pepper, cored, seeded, diced
2 1/2 lbs. boneless chicken thighs, trimmed of fat,
cut into 1" pieces
3 tbsp. soy sauce
1 1/2 cups prepared sweet-n-sour or duck sauce
1 tbsp. apple-cider vinegar
3 tbsp. water
1 tsp. garlic powder
2 scallions, white and green parts, thinly sliced
1 tbsp. fresh ginger, finely minced
2 cups cooked white rice

Method

1. Heat oil in the pressure cooker using the BROWN setting. Add onions, red and green bell peppers, browning for 2 minutes. Add chicken and soy sauce, cooking for 3 more minutes. Add sweet-n-sour sauce, vinegar, water, and garlic powder. Stir well.
2. Cover and set to high pressure for 10 minutes.
3. Let the pressure drop using the quick-release method.
4. Unlock and remove lid.
5. Place on a serving dish. Garnish with scallions, serving over rice.

Stadium Chili

Servings: 8-10

Prep Time: 25 minutes, plus bean presoaking time

Cooking Time: 15 minutes under pressure

Ingredients

2 cups (1 lb.) pinto beans, picked over

3 tbsp. olive oil

1½ cups onion, chopped

2 cloves garlic, minced

1½ cups green bell pepper, cored, seeded and chopped

1½ cups red bell pepper, cored, seeded and chopped

1 jalapeno pepper, cored, seeded and chopped
(adjust as needed)

1½ cups carrots, peeled and chopped

1 cup celery, chopped

2 tbsp. chili powder

4 tsp. ground cumin

1 tsp. ground oregano

1½ lbs. lean ground beef

1 can (28 oz) crushed tomatoes

2 large bay leaves

1¾ cups water

Salt to taste

3 cups cooked white rice for serving

Shredded cheddar cheese for serving

Method

1. Under cold water, rinse beans in a colander. Soak them overnight.
2. Heat olive oil in pressure cooker using the BROWN setting. Add onion; garlic; green, red and jalapeno peppers; carrots; and celery. Brown until onion is soft. Stir in chili powder, cumin, and oregano. Mix and brown for 1 minute. Add ground beef and brown until no longer pink. Add tomatoes, beans, bay leaves, and water. Mix to combine.
3. Cover and set to high pressure for 15 minutes.
4. Release the pressure using the quick-release method.
5. Unlock and remove lid. Sample the beans. If still hard, cook under pressure for an additional 2-3 minutes.
6. Season with salt, serving over white rice. Garnish with cheddar cheese on top.



CUSTOMER SERVICE

If you have any questions or problems regarding the operation of your Deni Pressure Cooker, call our customer service department toll free:

Monday through Friday
8:30 a.m. to 5:00 p.m.
(Eastern Standard Time)

1-800-DENI-VAC

1-800-3364-822

or E-mail us at
custserv@deni.com

www.deni.com

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ONE-YEAR LIMITED WARRANTY

Your Deni Pressure Cooker is warranted for one year from date of purchase or receipt against all defects in material and workmanship. Should your appliance prove defective within one year from date of purchase or receipt, return the unit, freight prepaid, along with an explanation of the claim. If purchased in the U.S.A. or other country, please send to: Keystone Manufacturing Company, Inc. 33 Norris Street, Buffalo, NY 14207. If purchased in Canada, please send to: Keystone Manufacturing Company, Inc., 151 Cushman Road, St. Catharines, Ontario L2M 6T4. (Please package your appliance carefully in its original box and packing material to avoid damage in transit. Keystone is not responsible for any damage caused to the appliance in return shipment.) Under this warranty, Keystone Manufacturing Company, Inc. undertakes to repair or replace any parts found to be defective.

This warranty is only valid if the appliance is used solely for household purposes in accordance with the instructions. This warranty is invalid if the unit is connected to an unsuitable electrical supply, or dismantled or interfered with in any way or damaged through misuse.

We ask that you fill in the details on your warranty card and return it within one week from date of purchase or receipt.

This warranty gives you specific legal rights. You may also have other rights which vary from state/province to state/province.

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